



### Handy Helps for Spic and Span Homes

Of course, you are going to "Paint Up" this spring. There's the bedroom, parlor or dining room wall to be re-finished.

There are Floors to be painted, stained, varnished or waxed. There's the Oil Cloth or Linoleum to be made Spic and Span.

There's the Furniture and Woodwork to be brightened.

Here are six "SPIC AND SPAN" FINISHES that we can freely recommend for this work :

- "NEU-TONE" Flat Tints for the walls
- "WOOD LAC" Varnish Stains
- "MARBLE-ITE" Floor Varnish
- "LIQUID WAX", for hardwood floors
- "SENOUR'S FLOOR PAINT", the old reliable
- "VARNOLEUM", to beautify and preserve Oil Cloth and Linoleum.

We know that these Finishes are the best of their kind. They are "Made in Canada"—and we guarantee that you will be perfectly satisfied with the results you get when you use any, or all, of them.

You'll soon be putting up Pickles and Preserves. You'll need labels for the jars. Come in and get a set of Fruit Jar Labels—printed and gummed. We give them free to our friends.

KARL FREEMAN, BRIDGETOWN, N.S.

### Lawrencetown

June 12

Mrs. (Dr.) S. Primrose is spending a few weeks in Halifax.

A new house is being erected at the west end for Mr. Brenton Harris.

Miss Ella Spinney of Meadow Vale is visiting her sister, Mrs. B. S. Banks.

Mrs. James Crandall of Malden, Mass., is visiting Mrs. Kenneth Bishop.

Mrs. M. E. Chesley of Middleton is a guest of Mr. and Mrs. P. H. Saunders.

Mrs. Clifford Messenger of Paradise is a guest of Mrs. Chas. McKeown.

Mrs. R. J. Shaffner has returned from a very pleasant trip to Yarmouth.

Mr. Frank Settle of Dartmouth is the guest of Mr. and Mrs. Hamilton Young.

Mr. and Mrs. Hodges and son are visiting Deacon and Mrs. Wm. McKeown.

Mr. and Mrs. J. B. Jefferson will soon be occupying their handsome new residence.

Aubrey Marshall of Falkland Ridge is the guest of his brother Roland, for a few days.

The Red Cross meets every Tuesday afternoon and evening in the Demonstration Building.

Mrs. Clayton Zwicker of Albany is spending a few days with her mother, Mrs. Ida Oswald.

Mrs. H. H. Whitman has returned from Halifax where she has been spending a week.

Mrs. E. R. Whitman of Inglisville is a guest of her son and wife, Mr. and Mrs. F. M. Whitman.

Mrs. B. S. Banks entertained a number of her friends very pleasantly on Wednesday afternoon.

Miss Peters who has been spending the winter months in Massachusetts returned home quite recently.

Mrs. L. W. Durling and her daughter, Mrs. Clarence Hurley, are spending the week-end at Dalhousie.

Mrs. B. Starratt and Mrs. Logan of Paradise are occupying Mrs. James Bancroft's house for the summer months.

Miss Mary Phinney of Granville Ferry is the guest of her cousins, Mrs. Chas. Roach and the Misses Ethel and Vivian Phinney.

Miss Marjorie Phinney gave a party to a number of her young girl friends on Saturday afternoon, the occasion being her tenth birthday.

Mrs. (Rev.) O. Chipman of Hapton, N. B., is visiting her mother, Mrs. John Shaffner and brother, J. E. Shaffner. Also relatives at Middleton.

Mrs. Albert Balcom is visiting her sons and daughters in Halifax, and before returning home will spend a few days in New Glasgow the guest of her son Lewis.

The delegates appointed for the Association at Chester are Rev. H. G. and Mrs. Mellick, Deacon T. G. Bishop and wife, Mrs. L. Newcomb, and Mrs. A. L. Archibald.

Rev. and Mrs. F. J. Armitage of Wolfville are guests of Mr. and Mrs. F. B. Bishop and other friends in town.

Mr. Armitage occupied the pulpit in the Methodist Church on Sunday morning.

Mrs. R. J. Messenger celebrated her little daughter Katherine's, natal day, on Saturday last, by entertaining a number of her young friends very pleasantly. Mr. Messenger gave the children a very enjoyable auto ride before returning to their homes.

Sunday, the 11th, was observed as Memorial Sunday in honor of the late Rev. J. O. Davis, who died of leprosy, contracted in India, on Friday, April 28th, and was buried on Saturday, May 6th, at Wicklow, Ontario, the home of his boyhood. Pastor Mellick spoke very impressively on Sunday evening and the choir rendered special music.

Mrs. R. J. Shaffner and Mrs. John Stoddart gave an "at home" to the members of the Baptist Choir on Wednesday evening of last week in honor of the Misses Muriel Bishop and Myrna Stoddart, whose marriages take place next week. Mr. B. S. Banks, leader, on behalf of the choir, presented Haviland china to the brides-to-be. A kitchen shower was given at the home of Miss Ethel Fitch for the same favorite young ladies.

New York City will take care of 500 conventions during the present year.

**WHY YOU ARE NERVOUS**

The nervous system is the alarm system of the human body.

In perfect health we hardly realize that we have a network of nerves, but when health is ebbing, when strength is declining, the same nervous system gives the alarm in headaches, dizziness, dreamful sleep, irritability and unless corrected, leads straight to a breakdown.

To correct nervousness, Scott's Emulsion is exactly what you should take; its rich nutrient gets into the blood and rich blood feeds the tiny nerve-cells while the whole system responds to its refreshing tonic force. Free from harmful drugs.

Scott & Bowne, Toronto, Ont.

### The Farm

BREED MORE CATTLE

A very competent authority estimates that, having reference to last year's trade, average prices current for beef on the Smithfield market in London, England, for 1915, show an increase of 40 per cent since the outbreak of the war. The last English produce report to hand quotes Irish beef at 19 to 20 cents per pound, for sides wholesale and English at 20 to 21 cents per pound, as against a price of 15½ to 16½ cents for Irish and 15½ to 16½ cents for English, during the last week in December, 1915. It further quotes South American chilled fore-quarters at 16½ cents and hind quarters at 19½ cents, as against 12½ and 16 cents respectively for fore-quarters and hind-quarters in December. "Supplies of frozen beef are practically exhausted, only a few small odd lots of bull beef being obtainable. These, in view of the strong demand ruling for all classes, realize high prices. The absence of frozen supplies has again forced buyers on to the chilled article, with the result that values have advanced sharply."

The general beef situation, from the standpoint of the home and foreign market, further emphasizes the shortage of supply. One feature is particularly noteworthy. It has never been indicated from any country that there is an undue accumulation of beef in storage or a congestion of cattle going forward to market. Present prices and present demand fully confirm this fact. The position in Europe is well known. The Argentine output has been absorbed for army supply to such an extent that very little frozen Argentine beef is available for civil consumption in Great Britain. Australia has passed through a severe season of drought and her exportable surplus has been greatly diminished. Moderate supplies of cow beef are going forward from New Zealand but these are not of first-rate quality. Canada and the United States have not appreciably increased their cattle population and are clearly able to find a remunerative market in Europe for any of their product available for export. The steady and continuous rise in price definitely reveals the condition of the world market for beef and emphasizes the fact that the situation is growing worse with the progress of the war.

Contrast the position with respect to grain. Enormous stores of wheat are tied up in Russia. In Siberia alone it is estimated that there is an accumulation of over 9,000,000 tons of grain. Until peace is declared this accumulation will probably become pronounced. After the war, the production of grain will again be undertaken on an enormous scale in all the contending countries. In view of this fact and with the release of the accumulated stocks, it is undoubtedly true that grain will drop in price to a very considerable extent. With an overstocked grain market and a pronounced under-supply of cattle the farmers of Canada should have little difficulty in making up their minds as to what their policy shall be for the future.

One warning, however, should be given. We must emphasize quality before quantity. On the British market, Canadian beef does not equal in quality the beef exported from the United States or from the Argentine. Unless we can improve our cattle, both as regards quality and as regards finish, we need not expect to be able to effect sales at Smithfield but shall be obliged to seek a market in France or Italy. Even our best grass fed cattle, when offered on the Chicago market last year, yielded disappointing returns. In Canada there is any number of good beef cows but by breeding these to dairy bulls, to grade bulls, or even to pure bred bulls of inferior type. A really good pure bred sire is an asset to any community. He should have the patronage of all the farmers in the neighborhood. The maintenance or use of a scrub bull, under the present circumstances, should be deemed an unpatriotic act.

One other non-progressive practice should be eliminated or, at least, superseded by a better one. Reference is to the sale and purchase of stocker and feeder cattle, whether for finishing in the stable or on grass. In the case of the farmer who sells, this practice, unless in exceptional circumstances, is a mistaken one. He should feed and finish his own stock. On the part of the farmer who buys, a speculative and non-productive enterprise is continued and encouraged, which has neither an economic nor a practical argument in its favour. He should grow his own feeders, or a part of them at least. Trading of this nature has done as much as any other factor to destroy the beef cattle industry in many parts of Canada. It can only be built up by a change of system.

A good herd of milking beef cows will bring in a return as regular as the change of the seasons. If labor

is not available to milk all of them, two calves may be put on a single cow, possibly followed by a third, and better calves reared than if fed by hand. The feeding of these calves until fit for market, whether as baby beef or as butcher or export stock, will insure a steadier income than can possibly be obtained by the continuance of the old methods. No practice will so tend to conserve female stock nor so speedily and steadily add to our available supply of beef.

### CLOVER SEED GROWING IN NOVA SCOTIA

Mr. S. J. Moore, Dominion Inspector, reports that an unusually small proportion of clover seed is being sown by Nova Scotia farmers this year. No doubt this is largely due to the high prices prevailing. Nevertheless it is a serious matter for every good farmer knows that clover is nature's best restorer of soils, and is almost indispensable for the cheap maintenance of the fertility of our farms. For this reason much interest attaches results which have been obtained during the past year by those farmers who patronized the Clover Huller which was purchased and operated by the Nova Scotia Department of Agriculture.

In the River John section, about 3500 weight of clover, partly mixed with timothy was threshed. In Antigonish a smaller amount was threshed, and at Berwick a single farmer threshed 400 pounds.

It is true that considerable of this seed was mixed with timothy and other grasses, and that it would not therefore be of a quality to sell for pure seed purposes. But so far as seeding down of farmer's own fields are concerned, this mixed seed will prove all right in every way and there is the added advantage that when a farmer has grown his own seed, he will likely sow a larger quantity and get proportionally bigger results.

Next winter the Department proposes to operate the Clover Huller at Berwick in Kings County, Lawrencetown in Annapolis County, Bridgewater in Lunenburg County, and at several points in the East.

As a preliminary to this work, Mr. S. J. Moore, Dominion Seed Inspector, probably accompanied by a member of the Local Department of Agriculture, is prepared to go to those sections of the country where the farmer's advice in regard to the selection of fields. If, therefore, any interested parties will write either to the Secretary for Agriculture, Truro, or to Mr. S. J. Moore, they will be advised when the visit will be made.

In the meantime the experience of the growers in the River John section will be of interest. The following is an excerpt from a letter received from a grower in that section:

"The clover seed obtained seemed to be of good quality, especially where it was allowed to become fully ripened. In many cases, however, the hay was cut too green which greatly reduced the yield and quality of seed obtained. The yield from first growth clover would run from two to three hundred and fifty pounds of seed to the acre. The second growth clover was in every case cut too green yielding only about forty pounds to the acre. However, the seed obtained from the second crop was practically free from weed seeds. To any farmer who may save clover next year, I would say, select a piece that stands up good and then let it ripen until the heads and the stalks are mostly black. Of course in a damp season this is very difficult. But cut it when the most of the heads are black. Alsike clover shells easily and must be handled very carefully and cut slightly greener. Keep a piece of the first growth to be sure of a crop and then save any second growth you can."

It is recommended that all those who purpose growing some clover seed next year should cut at least a small area of a field when it is only four or five inches high, say about the 5th to 15th of June. This will give the second growth a chance to fully mature before the short cool days come, and it is likely that one will get the advantage of a fairly big yield of seed that will be free from weed and grass seeds.

### THERE IS MONEY IN IT

To-day the prudent farmer hardly dreams of planting seed grain without testing it. He realizes there is on deposit in the Bank of Nature a huge sum of money, much of which may be his if elementary rules are followed in seeding and cultivating.

The average dairyman with twenty cows may reasonably expect as his share of Nature's hoard a yearly income of two thousand dollars if the resultant crops are marketed through suitable cows. But can the unselected, untested cow be expected to take a prominent part in that annual distribution of Nature's wealth? She may be fed and cared for to the best of her owner's ability but there seems to be a loose end if he does not turn round and test her, determine her ability to turn the vast deposits in

Nature's Bank into a round nine thousand pounds of milk and leave a clear profit if milk fetches one-twenty per hundred.

Just guessing at seed vitality and power to grow is queer work; guessing at a cow's production and profit is risky and unnecessary. It is very risky because many a dairyman is deceived without the use of scales and test, quite unnecessary because the Dairy Division at Ottawa supplies free of charge, milk record forms. Write for them, either the three day per month or the daily kind, with a herd record book. Their use gives certainty. Test your cows, there is money in it.

Calves do well on skimmed milk whether it is skimmed by hand or with a cream separator, but skimmed milk from the separator has the advantage of being fresh and warm and sweet when fed.

### Real Estate for Sale

#### CHOICE BUILDING LOTS

A lot of land situated on the south side of the river at Bridgetown, about three minutes walk from town. Beautifully situated and would make ideal building lots. Sufficient for three lots. Splendid drainage. Will sell whole or in lots. Price very reasonable.

Apply to  
3 The Monitor Publishing Co., Ltd.

#### FIRST CLASS FARM

Small farm situated about two and one half miles from Bridgetown. Ten acres of choice tillage land and five acres of excellent marsh. Capable of putting up three or four hundred barrels of first class fruit. Buildings in excellent condition. Never failing supply of splendid water.

Apply to  
4 The Monitor Publishing Co., Ltd.

#### PROPERTY NEAR BRIDGETOWN

Property situated about five minutes walk from Bridgetown. Fifteen acres of land with two hundred apple trees, half of which are coming into bearing. Also pear and plum trees. House contains nine rooms, large pantry and two large halls, newly painted throughout. Large dry cellar. Barn 24 x 28 sheathod inside. Water in house. Hay and pasture sufficient for two cows. An excellent opportunity for a man who wants a small place. Will be sold right.

Apply to  
5 The Monitor Publishing Co., Ltd.

#### CREAMERY OR FACTORY SITE

A lot of land in Bridgetown about 150 feet square with building one and one half stories, 40 x 50 front with lean-to on north and east sides. Building contains ice room, drying or curing room, churn, milk and cream vats, power separator, engine and boiler in good condition. Suitable for manufacturing cheese and butter or would make a fine canning factory for which industry there is a good opening.

Apply to  
6 The Monitor Publishing Co., Ltd.

#### PROPERTY FOR SALE

Property just outside Annapolis Royal consisting of seven and one half acres of land. Large house with good rooms; size of house 36 x 48 with ell 14 x 21 and porch, ice house, wood house and wagon house attached. Good size barn with stable, hen house and shed for storing machinery. Approximately 160 apple trees on the place a few of which pick early varieties and the remainder hard or winter fruit. Cuts 9 tons of hay at present and can be made to double this quantity. Price on application.

Apply to  
7 The Monitor Publishing Co., Ltd.

#### SMALL PROPERTY FOR SALE

A small place in Bridgetown, containing about one acre of land with cottage house of eight rooms and pantry. Large verandah across front, and town water in house. A number of apple, pear, plum, and other small fruit trees. New barn 28 x 38, and carriage house. Will be sold at a bargain to a quick purchaser.

Apply to  
8 The Monitor Publishing Co., Ltd.

#### FRUIT AND DAIRY FARM

Valuable Fruit and Dairy Farm for sale. Contains 40 acres of cultivated land, 90 acres of woods, and 90 acres of pasture. Cuts about 125 tons of hay and yields from three to six hundred barrels of apples. House of 14 rooms, suitable for two families. Two barns, wood house, and other out-buildings. All in good repair. Farm is situated in good locality about five miles from Bridgetown. Near church and school house. Property will be divided to suit purchaser. Apply to  
9 The Monitor Publishing Co., Ltd.

### Middleton

June 12

Little Miss Phyllis Hoyt has been a victim of mumps the past week.

Mrs. Bates of Bridgewater spent Sunday with Mrs. A. M. Reed.

Mrs. Crowell of Lunenburg was the guest of Mrs. Geo. H. Vroom last week.

Rev. W. H. S. Morris and Mrs. Morris returned home from Halifax on Saturday.

Mrs. E. M. Phinney was the guest of Mrs. O. P. Goucher the first of last week.

Mrs. Stoneman of Yarmouth spent last week with Mrs. F. W. Brown on Main street.

Miss Genevieve Gwillim who has been teaching at Antigonish, arrived home last week.

Mr. C. M. Hoyt and Mr. W. F. C. Parsons motored to Yarmouth on business the first of last week.

Mr. G. A. Backman of Lunenburg was the guest of his cousin, Mrs. J. P. Dodge, during the convention last week.

Miss Elletta Colpitts of Forest Glade, Westmoreland County, N. B., who has been attending Acadia Seminary is the guest of Miss Gretchen Gates.

The Nova Scotia Branch of the W. M. A. S. Society of the Methodist Church of Canada held its Annual Convention at Middleton, June 6th to 9th. There were 76 delegates present, also a number of visitors from the various churches of the Province, who were charmed with the beautiful Valley and the ideal weather conditions. Altogether a very pleasant and profitable time was spent by all attending this convention.

The London, England, Board of Trade has concluded negotiations for the purchase of Norway's entire catch of fish for the year, thus at one stroke depriving Germany of a large amount of valuable food and adding to the British stock of foodstuffs.

### Election Day

Is every day with two classes of people—those who after due consideration and comparison select the Maritime for training and those who always select Maritime-trained office assistants because of their competency. To secure the second you must elect the first. Literature and information on application to

### MARITIME BUSINESS COLLEGE

HALIFAX, N. S.

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### Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

### What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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*Chas. H. Fletcher*

In Use For Over 30 Years

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### HARDWOOD FLOORS

Hardwood Flooring is Cheaper and More Sanitary than Carpets

We have installed the latest up-to-date machinery and make the BEST article in the above on the market.

It is kiln-dried and end-matched in widths of 1½, 2, 2½ and 3 in. and sold at the lowest prices FACE MEASURE.

We sort it in two grades, No. 1 and 2. Let us quote you for your requirements in this line.

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